



# First Time Mums

Supporting parents and families  
(Oxford)

A number of years ago, Henley Deanery Synod were approached by the County Community Health team, who were asking local churches to help support first time mums and their babies.



The Mothers' Union talked with local health visitors and the First Time Mums group came into being. Members provide a safe, warm environment and offer a friendly welcome to the mums and their babies, who can then get to know and support each other. One new mum told us: "*This group has been a life saver.*"

The mums maintain full responsibility for their babies, with the members offering them encouragement and often, friendly reassurance. Sometimes the mums ask about how to get their child baptised, with members are more than happy to put them in touch with the right people. Members keep in touch with the local health visitors, who occasionally drop in if invited.

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website [www.themothersunion.org](http://www.themothersunion.org)